## ONE NUMBER TO CALL FOR HELP

AAHere call i Ser Helb IIIIdii 8 a Jobs

Is there a grief support Parenting Programs nold computer? Who do I Knowledgeable I&R Professionals child abuse? Where do I replindependent Living Programs rizaton? Where can I find treatment for substance are get have a problem with my Senior Services so for health care Who can help wi Organizations of All Kinds Where can Lapply for Food Legal Services Where can I get help Educational Programs a food pantry? Where can I get help finding a job? AIDS Where do I report of Medical Services Who do I call for hom: Nursing Homes: n Lapply for Food Stamps? Financial Assistance can become a tutor? Government Agencies aying my electric bill? h certific#ousing eed Job Services tificate, where can I get this? Quick Answers with my mortgage payment? Day Care Recreation is there a grief support group Counselingere can I get help finding a job? re for my children?

Where can I go for shelter?

Who can I call about prisolated olders on the street of the same o

Where can I donate an Unemployment's employer, who can I call

Where can I go for health care? **Tutoring**t an isolated older personi

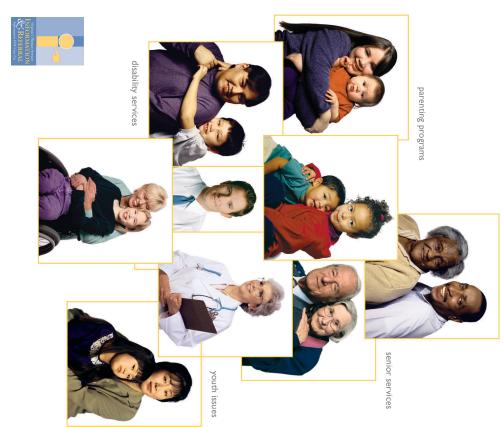
Where can I find the nut Women's Services
Where can I go for healt Xylene Abuse
Where can I go for shelter?

Zillions of Other Resources

Youth: Issues the number for a star

Virginia's Human Services Information & Referral I.800.230.6977 - http://www.vaiandr.net

## people & services together



### **INFORMATION YOU CAN USE**

and Referral (I&R) center. When you don't know where to turn, consult a nearby Information

more than 27,000 health and community services across the state business of collecting, classifying and giving out information on l&R is easy to use, free, accurate and confidential. We are in the

or you can consult our database on the web. Our network of fessionals across the state with regional centers and partner agencies serve the public and pro-I&R has answers. An I&R professional can help you find solutions,

#### Information YOU Can Use

# **BRINGING PEOPLE & SERVICES TOGETHER**

able to: database of services and resources, trained I&R professionals are I&R brings people and services together. Using a comprehensive

- Offer referrals to services that strengthen families
- Locate potential service providers
- reliance and help individuals help themselves Offer choices and suggest resources to promote self-
- comprehensive approach to problem solving Identify and connect services that support a
- service providers Identify unmet community needs to be addressed by
- policy makers Provide data on unmet community resource needs for



#### **HOW I&R CAN HELP**

All regional centers in Virginia's Statewide I&R System let you:

- confidential Talk to an I&R Specialist by phone - it's free and
- and needs of callers or specialized reports on community resources Request a copy of your region's statistics on the problems
- http://www.vaiandr.net Consult your region's I&R web site through
- Receive follow-up to assure appropriate resources are identified

additional services that vary by region. In some regions, you can: In addition, each regional center uses local resources to provide

- Ask for a guide to frequently used services
- your local library or buy it for your organization Read a detailed published directory of human services in
- View an on-line database of services
- organizations Purchase mailing labels addressed to human service

### **INFORMATION & REFERRAL**

I&R provides information on a wide variety of services, such as:

- Disability services
- **Employment**
- Family violence
- Financial assistance
- Government agencies

Maternal and child health

- Transitional services

Support groups

Recreation

- Volunteer services
- Welfare reform